



SAND RUN PHARMACY

JUNE 2016 NEWSLETTER

FOOD SAFETY AT HOME

Eating spoiled food can make you sick. Food can be spoiled even if it looks and smells okay. Germs cause food to go bad. You can't see, smell, or feel germs. It takes one to three days to get sick from eating spoiled food. There are four easy ways to keep food from going bad: clean, keep apart, cook, and chill.

Clean: Wash hands and counters often

- ⇒ Wash your hands with hot, soapy water
- ⇒ Use plastic cutting boards (It is easier for germs to hide in wood.)
- ⇒ Use paper towels to clean up kitchen counters and tables



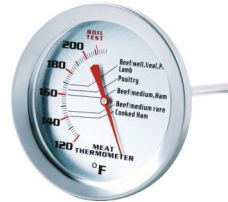
Keep apart: Keep raw foods to themselves

- ⇒ Keep raw meat, poultry, seafood, and their juices away from other foods
- ⇒ Use a special cutting board for raw meat only
- ⇒ Wash your hands with hot soapy water after touching raw meat, poultry, or seafood



Cook: Make sure food is very hot

- ⇒ Heat kills germs
- ⇒ Use a clean cooking thermometer
- ⇒ Cook roasts and steaks to at least 145 F ° and poultry should reach 180 F °



Chill: Put food in the fridge right away

- ⇒ Put all cooked food and leftover food in the fridge or freezer within two hours
- ⇒ 3 safe ways to thaw food: in the fridge, under cold running water, in the microwave
- ⇒ Marinate foods in the fridge
- ⇒ Keep cold foods at 40 F ° or lower in the fridge or freezer



Eating Leftovers

Once the leftover food is stored in the refrigerator, it should be eaten within the following **five days**.

- **Soup/Stew:** 3 - 4 days
- **Cooked Meats:** 3 - 4 days
- **Casseroles:** 3 - 4 days
- **Pasta/Potato Salad:** 3 - 5 days
- **Luncheon Meats:** opened: 3 - 5 days, unopened: 2 weeks

Safely Reheat Leftovers

- Reheat meal in a microwave safe bowl and cover
- Stir for even cooking
- Heat food until it is hot and steaming

What about the doggie bag?

Will you get home within two hours after your meal? If not, leave the leftovers behind.

A good rule to follow is: when in doubt, throw it out!

RESTAURANT AND TAKE OUT SAFETY

These days, many people eat out or take home ready-made meals. Eating in a restaurant, cafeteria, or a fast-food place can be safe and fun. But you should take steps to be sure your food is safe. Follow these simple rules for food safety.

- ⇒ **If you leave food out for more than two hours, throw it away**

- ⇒ **Keep hot foods in the oven/stove at 165 F ° and eat within two hours**

- ⇒ **Don't eat eggs that are raw or not fully cooked**

Examples: caesar dressing, mayonnaise, mousse, tiramisu, meringue, homemade ice cream

- ⇒ **Don't eat raw oysters**

- ⇒ **Always order your food fully cooked, especially meat, poultry, fish and eggs.**



FOOD SAFETY 101

- ⇒ *Always wash your hands and counter tops*

- ⇒ *Eat foods within 2 hours or throw it out*

- ⇒ *Keep raw foods to themselves*

- ⇒ *If you leave food out for more than two hours, throw it away*

- ⇒ *Always order your food fully cooked*

UPCOMING EVENTS

Saturday, June 4th:

15th Annual Pet Expo
Hardesty Park in Akron (W. Market at Hawkins)
10 AM - 4 PM

Presented by: *Smucker's*

With Support From: *Pay it Forward Pet's*
This Year's Goal: 200 Adoptions

Come visit the Sand Run Pharmacy booth!



- Cutest Pet Contest at 2 PM
- Fox 8 TV Personality Dick Goddard from 11am - 2pm
- Over 60 Vendors
- Over 50 Shelters
- "Stuff the Van" Benefitting the shelters sponsored by **Ganley Ford**

HOLIDAY HOURS

July 2nd, Saturday: 9 am to 2 pm

July 3rd, Sunday: Closed

July 4th, Monday: Closed

July 5th, Tuesday: 9 am to 7



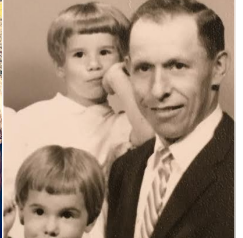
Sunday, June 19th



FATHER'S DAY



Happy Father's day to all the good fathers, potential fathers and fathers in heaven....



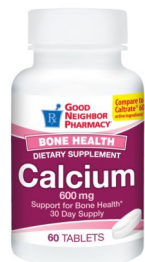
MEN'S HEALTH MONTH

Health Prevention

Tips for Men:

- Watch your weight
- Get regular exercise
- Sleep seven to nine hours at night
- Drink in moderation
- Schedule the necessary exams
- Eat a fiber-rich diet
- Don't over do the salt on food
- Drink eight to nine cups of water per day

Available at
Sand Run Pharmacy

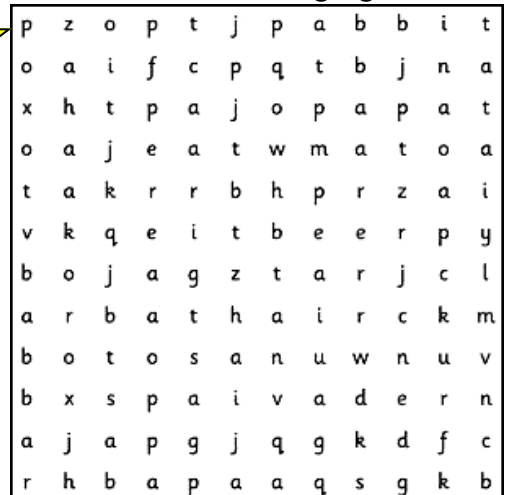


Congratulations to May's Sudoku winner, Robin Wicks!

*** First person to fill out the word search correctly and return it to the pharmacy, will receive a greeting card of their choice

Good Luck!

Can you find the word Father in all these different languages?



Abba (Hebrew)	Athair (Irish)	Babba (Arabic)
Bapa (Malay)	Father (English)	Haakoro (Maori)
Otosan (Japanese)	Pabbi (Icelandic)	Pai (Portuguese)
Papa (Russian)	Pater (Latin)	Pere (French)
Tata (Polish)	Tatay (Filipino)	Vader (Dutch)